



UCCOOK

No Noodle Beef Stir-fry

with sliced cabbage, lime juice & chilli flakes

A noodle-free stir-fry loaded with cabbage, carrot, onion, green beans, and tender beef strips. It is doused in a tasty Pad Thai sauce and sprinkled with chopped peanuts and chilli flakes. This dish has it all; flavour, crunch and spice!


Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Thea Richter

 Carb Conscious

 Harry Hartman | Somesay Shiraz

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Ingredients & Prep

90ml	Pad Thai Base <i>(60ml Tamari Sauce & 30ml Fish Sauce)</i>
90ml	Peanut Butter
2	Garlic Cloves <i>peeled & grated</i>
15ml	Dried Chilli Flakes
45ml	Lime Juice
450g	Free-range Beef Strips
2	Onions <i>1½ peeled & cut into thick slices</i>
240g	Green Beans <i>rinsed, trimmed & sliced into thirds</i>
300g	Cabbage <i>finely sliced</i>
240g	Carrot <i>¾ trimmed, peeled & grated</i>
30g	Peanuts <i>roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel

1. PAD THAI SAUCE In a bowl, combine the pad thai base, the peanut butter, the grated garlic (to taste), ½ the chilli flakes (to taste), the lime juice (to taste), 30ml of sweetener, and 90ml of water. Set aside.

2. BROWN THE STRIPS Place a pan or wok over high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 30-60 seconds per side (shifting occasionally). Remove from the pan and season. You may need to do this step in batches. Remove from the pan.

3. ALL TOGETHER NOW! Return the pan or wok to medium-high heat with a drizzle of oil. When hot, fry the onion slices and fry until soft, 4-5 minutes (shifting occasionally). Add the sliced green beans and fry until slightly softened, 3-4 minutes (shifting occasionally). Add the sliced cabbage and the grated carrot and fry until slightly softened but still crunchy, 3-4 minutes (shifting occasionally). Add the browned strips and the pad thai sauce and toss until fully combined. Leave to simmer until slightly reduced, 1-2 minutes (shifting occasionally). Loosen with a splash of water if the sauce reduces too quickly. Remove from the heat and season.

4. NO TO NOODLES, YES TO YUM! Plate up the noodle-less stir-fry. Sprinkle over the chopped peanuts and the remaining chilli flakes (to taste). Dive in!

Nutritional Information

Per 100g

Energy	402kj
Energy	96kcal
Protein	8.4g
Carbs	6g
of which sugars	3g
Fibre	2.1g
Fat	3.7g
of which saturated	0.8g
Sodium	395mg

Allergens

Allium, Peanuts, Fish, Soy, Shellfish

Cook
within
4 Days